

21 DAY LIFESTYLE RESET SCHEDULE

Prep Week

Watch the “Getting Started” video with our Health Coach, Avonne, on how to get started by setting an intention for your program during prep week.

This is a great time to map out your goals and intentions in your 21 day lifestyle workbook. You can also join our **Owl’s Nest community** for support and schedule your first 15-minute live health coaching session [here](#).

Tip! During your first live health coach call, talk to your coach about your game plan, health history, wellness vision for the 21 day journey and book your 2nd and 3rd health coach session in advance.

Watch the “Rituals” video: In this video we list rituals you can choose from to commit to a habit for the next 3 weeks. Ritual is an important part of overall health and well being. A lifestyle reset is much more than just the food on your plate; it’s about consistency and small shifts that lead to big results. Pick one habit you can commit to incorporating daily for the 21 day journey.

Browse through the **21 day shopping list** and make sure you have everything you need to create your week 1 cleansing recipes and supportive foods for the 4-day reset you will start mid-week.

You’re now ready to start week 1!



Week 1

Watch the “Days 1-3 Prep” video: Week 1 is your official start to your 21-day journey. We will prepare you to cleanse your body with our 21-Day Reset meal plan starting out with a recipe for Kitchari (pg 4-6), which is a cleaning Ayurvedic Dish, to prep the body for the upcoming 4-Day Reset. *For non-local orders, this is the time to plan when you will prep your OWL 4-Day Reset Mylkshakes at home, please refer to the **OWL Reset Guide** for instructions.

Days 4-7: You’ll experience the 4-Day OWL Reset with our bone broth elixirs and hemp mylkshakes. Tip! Use the supportive cleanse-approved foods list or 21 day meal plan during this time if you choose to pair food with your 4 day Reset. Listen to your body.

Week 2-3

This is a great time to **Watch the Broth Elixirs and Mylkshakes 101 videos** to learn the WHY behind each shake and broth elixir to remind us how intentional each ingredient is for your healing journey.

Watch the “Chronobiology Lifestyle Reset” video to learn just how important it is to have a ritual based on nature and your body’s biological clock during your 21 Day Lifestyle Reset and beyond. Avonne will also help you set a new intention during this midway point to establish new inspiration or help you remember your original intention you set during prep week.

Tip! You can **schedule your second 15-minute live health coaching session here** if you haven’t done so already. Great time to chat with a coach about what’s coming up for you and/or any roadblocks you may have to get back on track. Also, helpful to check into the private Facebook Community to get some additional support.

Week 3

Continue your progress and sustain your positive results by watching the **“The Post Lifestyle Reset”** video. This video helps you learn how to reincorporate foods and have sustainable change long-term. This is a great time to schedule your final live 15-minute health coach session to share what you learned about yourself, recap your successes and get tips on how to continue the journey with us.

We hope you enjoy your experience with OWL, and please let us know if you have any questions or need further support. We’re here to help you every step of the way!